

Successful lifestyle Weight Management

A new Permanent healthy approach



The non-fat low carbohydrate BMI course

- *Have you already tried several weight management programmes and eventually gained weight again?*
- *Haven't you often felt tired and weak during your strict diet programme?*
- *Haven't you already lost quite a few kilos and got stuck with losing some inches in certain body areas?*
- *Wouldn't you be fulfilled and delighted to start off a very effective new Programme which will also help your general health condition through the weight loss itself, without having any hunger cravings?*

The challenge is here if you are up for it..

There are many ways to lose weight but only ONE way to keep it off

"Accept the challenges so that you may feel the exhilaration of victory"

General George S. Patton (World War I and II, 1885-1945)

The weight management programme focuses mainly on a Non-fat-low-starch-sugar-free diet. The standard positive approach is to improve the overall healthy lifestyle in a way that it allows you to experience the pleasure of a fulfilled life. Upon commencing the programme you may notice an improvement in your general health status including:



- Reduced blood pressure
- Lower cholesterol levels
- Lower sugar levels

The majority of the population in Western Europe and USA is obese therefore causing an increase in degenerative diseases and chronic conditions. Obesity is linked to three major causes of death; Type 2 Diabetes, Cardiovascular Disease and Cancer.

The ideal weight for every individual can easily be achieved through several methods of natural and unnatural diets; unfortunately many complain of a relapse radical increase in weight once they stop dieting. The reason for this is often due to burning up the wrong types of fat in the wrong places, as a result weight loss was probably triggered by dehydration.

Client information

The healthy lifestyle program provokes your brain to a new way of thinking; this is called 'Neuro Associative Thinking'

An extremely low dose of Human Chorion Gonadotrophin (HCG) mixed with vitamins is administered. This is a completely harmless substance found in pregnant women (in 1000 times concentrations higher than we use). The administration of HCG transforms the 'stored fats' into energy resulting into a feeling of 'not being hungry'.

HCG brings along a fat burning capacity around the hips, thighs and abdomen if applied together with the appropriate Nutritional Programme.



Self Administration

The HCG course is to be self administered daily. The daily diet consists of 200g of fish, chicken or veal and an abundance of vegetables. The satisfying outcome is up to half a kilo a day of weight loss without cravings of hunger and lethargy mainly due to the fats being transformed into energy. The main concept is very easy to follow and the outcomes are highly satisfying.

Keeping Fit



It is highly recommended to exercise during and after the course for a successful overall positive healthy outcome. A half an hour walk a day is ideal.

Side Effects

During many years, NO dangerous side effects have been reported worldwide, however joint pains and mild headaches are common during the first few days upon commencing treatment and this is mainly due to detoxification. Women in the child bearing age can experience increased fertility. Some may notice a drop in Blood Pressure. The very low dose of HCG administered has no side effects.



A Holistic Approach

Dealing with the body and mind

Some clients may encounter some psychological subconscious problems while losing weight after being attached to their obesity after a number of years. Other clients may suffer from binge or compulsive eating during stressful periods. Our clinic offers the service of a clinical life coach psychotherapist and counsellor, for a positive approach to a peacefully holistic management.



Duration of Treatment

Upon first assessment at the clinic a Body mass Index (BMI) assessment is performed by the doctor and nurse, furthermore a weight loss management program is individually designed to help you monitor your improvements upon every visit. An estimated weight loss program is then calculated.

The Course

- Day 1** First dose injected. Every morning it should become a routine to weigh yourself after your bladder is emptied and administer your daily dosage.
A high calorie fat diet should be started.
- Day 2** Day 1 and Day 2, it is compulsory to adopt a diet high in fat. The weight gain of these two days of 'exaggerated eating' is often lost in the first 48 hours of dieting.
The high calorie intake improves the outcome of the course.
- Day 3** Eat as much as you can
- Day 4** 'Cleansing day', starting off with a laxative. You can also take;
- One cup of coffee with an artificial sweetener
 - Herbal teas
 - Sugar free Fresh fruit juices
 - Table water in large amounts (at least 6 litres)
 - Colonic hydrotherapy is an ideal option
- Day 5** First day of the non-fat low carbohydrate diet
The diet protocol should be followed precisely.



Upon finishing the treatment course, the diet should continue for three extra days, if not you can put on weight disturbingly. The injection should be skipped once a week upon the first day it is started. During the full course at least 2 litres of fluid should be consumed daily.

Guidelines

Record your weight first thing in the morning after having emptied your bladder, never re check your weight again during the day

Bowel movements must occur on average of three days, if not take laxatives

Record your weight daily, if weight is not lost for 3 days, carry out an 'Apple day' (consume only 6 green apples)

NEVER use any lotions, hair products, bath gels or cooking ingredients containing oil

Use a non-stick frying pan, steam pot, kitchen scales and precise personal weighing scales. AVOID all contact with oils, even when washing the dishes – use rubber glove



What You MUST Eat



Every 24 hours you must consume:

Breakfast	One cup of coffee, tea, or herbal tea (one spoon of skimmed milk), artificial sweetener and one large apple
Snacks	3 'Galletti'
Lunch	100g (raw without bones) grilled or cooked veal, fat free chicken breast, shrimp, lobster, crab, tinned tuna (ONLY in brine) or any other white fresh fish
Snacks	3 'Galletti'
Dinner	* See Lunch
After Dinner	1 large green apple, one can be replaced by an orange or half a grape fruit or 6 medium sized strawberries
Vegetables	you can eat as many as you like. All leafy green vegetables are permissible, broccoli, onions, cauliflower, cabbage, leeks, asparagus, tomato, radish, celery mushrooms and cucumbers
Taste enhancers	Allowed daily artificial sweetener, juice of a fresh lemon, 2 tablespoons of unsweetened cranberry, basil, sage, thyme, pepper garlic, ginger, 2 tablespoons of sugar free vinegar, tablespoon of skimmed milk, Tamari

Absolutely Prohibited

Alcoholic drinks, fizzy drinks, soy products (other than Tamari)

Dairy products, Sugar, syrups, oil, dressings, beans



Legumes, potatoes, courgettes, carrots, pumpkin, avocado, pimento peppers, Artichokes

Pears and other fruits, dried fish, eel, salmon and any other oily fish

Red meat, ham, pork, bacon, peanuts and nuts

All cosmetics including oil or dietary supplements containing starch or oil

Even a small intake of the above mentioned ingredients will immediately result in weight gain.

Finishing the Course

The following 3 weeks

Upon concluding the course of injections, the diet should be maintained
For another 3 days.

When the 3 days of dieting are over, you can start eating little by little small
Portions of everything, replacing the white starches with the brown ones

3
1
2
3
three

Successful Recommendations

If you notice an increase of 1kg (approximately 2 pounds) upon your weight reached at the last
Injection of the course, IMMEDIATELY skip breakfast and lunch and DRINK ample of
Water instead. During dinner time you must eat fish or a steak and
an apple or a raw tomato



It takes about 3 weeks to get your target weight stabilized

Drink plenty of water (at least 2 litres)

The most dangerous starches are the refined ones (sugar, white rice, pasta, white whole meal bread,
Potatoes, pastries, etc.)

Never combine fats with starches and Proteins with Carbohydrates

Make yourself aware of what you are about to eat

Only use sea salt instead of artificial salts

Include fresh vegetables in your diet

Decrease or discontinue your intake of dairy products

Read information labels before purchasing food products

Restrict yourself to drink not more than one coffee or tea a day

Exercise at least 20 minutes a day

It is your own responsibility and commitment to gain positive results



Further Queries



*Dr. Tyron Pillow -
Nurse Lara Azzopardi -*

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